

9-12-2012

Iowa State Daily (09-12-2012)

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Recommended Citation

Iowa State Daily, "Iowa State Daily (09-12-2012)" (2012). *Iowa State Daily, September 2012*. 17.
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ISD

IOWA STATE DAILY

FLAVORS

Are supplements really useful?

SPORTS

Goldstein finds acceptance

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REGENTS:

Board meeting will address set-asides

By Dan MacKenzie
Daily Staff Writer

The Iowa Board of Regents will be meeting at Iowa State on Wednesday. Big-ticket items will be the quarterly report on crime statistics at the three regent schools and the committee report on the program known as tuition set-aside.

The recently controversial set-aside program takes money from student tuition at the three state schools in Iowa, and essentially sets it aside to pay for scholarships and grants for other students who may otherwise not have funding to attend college.

Critics say that, considering the current financial crisis, the increased tuition for Iowans to support the program is unconscionable.

Supporters say that the program promotes upward mobility for individuals who may otherwise not attend college. The committee's report will include recommendations for possible alternative funding to continue the financial support.

The board will be meeting in the Sun Room at the Memorial Union, from 9 a.m. to roughly 3 p.m. Students may notice a bit more crowding in the building during these hours, as well as increased traffic in parking lots and garages.

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Recreation

A love for the game

Intramural refs keep players safe, make sports fun

By Isaac.Hunt
@iowastatedaily.com

Click. Click. Click. Click.

A familiar sound to anyone who played high school football. As players dust off their cleats from the glory days and see the grass stains from the overtime victory, or fourth quarter comeback, every high school quarterback, running back, lineman and linebacker is excited to get back to some form of football.

Replace tightening pads and chin straps with securing Velcro flags around their waists. And replace the pre-game speech with a few extra stretches, so they don't cramp up.

They can replace almost everything, but if football is present, so is pride.

"There's definitely some pride," said Russ Jones, assistant director of intramurals. "When freshmen come on campus, they think: 'Oh, I was the superstar in high school, so I'm going to be a great flag football player.'

You really start seeing the

pride when they become juniors and seniors and they know the trick plays."

Click. Click. Click. Click.

Whether they are playing with old high school teammates or new friends from their dorm hall, the same smell of sweat and rush of adrenaline flows through their senses, as their cleats move from cement to grass.

New players are present too, but the veterans don't mind explaining what a corner route or option is. Everyone is just happy to be back in the game.

It's fall. Players are itching to play, and safety is always a concern.

"Obviously player safety is a big concern," Jones said. "We don't have the equipment they would have had in high school to protect them."

Enter the zebras: The guys with the whistles and flags to enforce the rules. But first-time referee Zach Roskilly is not worried about getting heckled.

"They've prepared us well," Roskilly said. "We know what we're doing, and it's pretty laid back. I'm not worried — if people get rowdy, we just throw them out of the game. And we know our supervisors will have our back."

Roskilly went on to say he had played a game as a player

NFL Referees

The NFL used replacement officials in week one. Russ Jones said he isn't worried about his student referees unionizing.

"We pay and treat them well," Jones said.

Adam Scheffer of ESPN said the NFL has scheduled replacement officials through week five.

on Sunday, and everyone was relaxed and was a good sport. Nathan Pick, one of the intramural coordinators, echoed what Roskilly said about sportsmanship.

"I think for the most part the students are pretty good about sportsmanship," Pick said.

"Every now and then, you'll get some people that, in the heat of the moment, will disagree with a call, but students keep it in perspective. We're out here for fun. The referees are students just like they are."

Another replacement is the use of scorecards with iPads.

With the team rosters online, students can show their IDs to the officials to sign in instead of writing their names on a sheet of paper. This also helps

INTRAMURALS.p3 >>

Photo: William Deaton/Iowa State Daily

Education

Striving to enrich

Tera Hurt teaches different perspectives

By Denisha.Mixon
@iowastatedaily.com

Tera Hurt started her journey at Indiana University as a biology major before she realized perhaps there was another path she should take. That's when she decided to explore human development and family studies.

"I was always very interested in issues of development and how life experiences shape an individual," said the assistant professor of human development and family studies.

"However, after I took my first biology class in my first semester as a freshman, I knew I needed a change."

Hurt reviewed the schedule of classes book and found a course called life span development.

"I enrolled in the class for the spring semester of my freshman year. After the first day, I knew that I had made the right decision. At the end of my freshman year, I changed my major from biology to human development and family studies."

Hurt's main goal is to show and teach students about human development and family studies. This particular course informs individuals

Photo: Megan Wolff/Iowa State Daily

Tera Hurt teaches human development and family studies classes at Iowa State with the goal of enriching students' education.

als about the real life and the people in the world.

"I admire her willingness to develop intervention strategies to work with youth, empowering teens to identify new, positive relationship strategies that will foster longer-term positive outcomes in their emerging families and for their children in the future," said Steven Beach, psychology professor at the University of Georgia.

Beach worked with Hurt at Georgia, where Hurt's career began

as a postdoctoral fellow.

Hurt was also part of the martial enrichment program, which works to strengthen relationships. Hurt said she enjoys working with individuals on improving their relationships.

"Hurt is competent, energetic and enthusiastic; her research is innovative and timely," Beach said.

"In addition, she has demonstrated a remarkable ability to work effec-

EDUCATION.p3 >>

Crime

Stolen bike recovered after joyride

By Emma.Altheide
@iowastatedaily.com

The Surly Pugsley is a unique bicycle with huge tires allowing the rider access to terrain few bikes can manage. One Pugsley was pushed beyond traditional demands last Friday when it was stolen from Skunk River Cycles of Ames, and taken on a ride down Interstate 35.

Ames Police apprehended Nicholas Brady, 19, at 5:30 p.m. Friday as he was riding the bike southbound on I-35. Police said Brady admitted the bike was stolen and revealed his destination as Osceola.

Ross Hackerson, longtime employee of Skunk River Cycles, said Brady came into the shop Friday and asked a few questions before taking the black Pugsley on what was meant to be a test ride.

"Usually they'll go out and ride it around the block or down by the train tracks," Hackerson said. "I went back inside for a little bit and noticed that he wasn't back yet. Sometimes people take bikes for longer test rides, but when we were getting ready to close, that's when we called."

Stephen Rashid has been an employee of the shop for one year and left

CRIME.p3 >>

Volume 208 | Number 17 | 40 cents | An independent student newspaper serving Iowa State since 1890. | A 2010-11 ACP Pacemaker Award winner

PARTY ON THE PATIO WEDNESDAY

ALL ON THE PATIO

BAGS


10 BEERS FOR \$10 7pm - 1am

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WED
56|82



THU
49|65




FRI
45|73

Some clouds, otherwise mostly sunny.

Showers and thunderstorms likely in the morning and afternoon.

Mostly sunny skies.



This day in 1902:
Unusually cold weather brought freezing temperatures to Iowa. Temperatures fell to 28 F at Atlantic, Le Mars and Sheldon, and 26 F at Plover.

Calendar

Find out what's going on, and share your event with the rest of campus on our website, at iowastatedaily.com.

Wednesday

Information session: Cyclone Aides
When: 7 to 8 p.m.
What: Information on becoming a Cyclone Aide, a paid campus opportunity. Leaders will need to complete more than 100 hours of training.
Where: Room 3512, Memorial Union

Wednesday

Lecture: Engineering Countries and the Problems of Globalization
When: 7 p.m.
What: Gary Downey will give a lecture as part of the Technology, Globalization and Culture series.
Where: Alliant Energy-Lee Liu Auditorium, Howe Hall

National News Notes and events.

Farm bill fight escalates ahead of deadline
Senate Democrats made a fresh push Tuesday for House Republicans to take up and pass a long-term farm bill that includes relief for farmers suffering from one of the worst droughts in decades.
But it appeared House Republican leaders would be unwilling to consider anything more than an extension of the current law, which expires at the end of September.
“The House leadership, for whatever reason, has decided that they’re not going to bring this on the floor,” Sen. Debbie Stabenow, D-Michigan, who chairs the Agriculture Committee, complained to

reporters on a conference call. House GOP leaders haven’t taken up the bill because conservatives in their caucus oppose various aspects of the measure, including the amount spent on federal nutrition programs such as food stamps, which make up the bulk of the bill’s price tag.
Conservatives want to wait until after the election — in which they hope to win control of the Senate and the White House and be in a better position to tailor the bill to their liking.
Top Senate Republican leaders backed the idea of a short-term extension if the Senate’s five-year bill can’t get through the House.
“I represent a state in which ag-

riculture is important,” said Sen. Mitch McConnell of Kentucky, Senate Republican Leader.
“I don’t believe that we ought to let the current farm bill expire if we’re unable to at this point to pass a replacement.”
South Dakota’s John Thune, the third-ranking Senate Republican, supports the five-year bill that passed the Senate, but he wants an extension of the current law because “we need to have some policy in place” if the law lapses.
With lawmakers likely to leave Washington in the next two weeks to go home to campaign for re-election, Thune said the short-term measure would provide “some drought assistance to people who have been

impacted by the drought this year.”
A coalition of major farm organizations plans to rally Wednesday on Capitol Hill to urge Congress to reject a short-term bill and press forward with negotiations on a five-year bill.
Stabenow urged the House to listen to the groups and pass such a bill that could then be merged with the Senate-passed legislation.
“We have a Farm Bill Now rally that I believe 40 different groups are sponsoring tomorrow to send the message that we need a farm bill now, and that the House should take the precious few days that they have in session and act.”
— CNN wire staff

Police Blotter:

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments’ records. All those accused of violating the law are innocent until proven guilty in a court of law.

Sept. 7
Ryan Sherzan, 21, 210 Gray Ave., was arrested and charged with public intoxication, interference with official acts, serious misdemeanor assault and obstruction of emergency communications at the 100 block of Welch Avenue (reported at 12:31 a.m.).
Terrin Coleman, 18, 8324 Wallace Hall, was cited for underage possession of alcohol at the 200 block of Welch Avenue (reported at 1:22 a.m.).
Thomas Yung, 21, 134 Campus Ave., Apt. 14, was arrested and charged with public intoxication at the 2500 block of Chamberlain Street (reported at 2:02 a.m.).
Amber Lee Pfantz, 22, 107 Campus Ave., was arrested and charged with public intoxication at Chamberlain Street and Welch Avenue (reported at 2:19 a.m.). Vehicles driven by **Nichole Smith** and **Kathryn Hopper** were involved in a property damage collision at Lot A3 (reported at 10:09 a.m.). A staff member reported being harassed by an acquaintance at

Maple-Willow-Larch (reported at 1:05 p.m.).
A resident reported the theft of various items from a room at Helsler Hall (reported at 3:07 p.m.).
An individual reported being harassed by two acquaintances at Parks Library (reported at 6:57 p.m.).
Taylor Rymal, 18, 2302 Larch Hall, and **Jacob Malwitz**, 20, 1331 Larch Hall, were cited for underage possession of alcohol at Maple Hall (reported at 10:30 p.m.).
Officers were asked to check the welfare of a resident at Larch Hall (reported at 10:45 p.m.).
Nicholas Brady, 19, 711 Wilson, was arrested and charged with theft (reported at 5:35 p.m.).
Jessica Brooks, 36, 30866 Epperson Ave., was arrested and charged with theft (reported at 6:30 p.m.).
Andrew Brown, 18, 1826 N. Duff, was arrested and charged with possession of a controlled substance (reported at 11:35 a.m.).

Sept. 8
A staff member reported damage to an access gate arm at the Memorial Union ramp (reported at 1:51 a.m.).
Cody Brown, 19, of Center Point, was cited for underage possession of alcohol at Hayward Avenue and Little Street (reported at 9:14 p.m.).
A body specimen was requested from a driver who was suspected of operating while intoxicated at Storm Street and Welch Road (reported at 10:56 p.m.).
Michael Gardner, 39, 205 15th St., Des Moines, was arrested and charged with possession of a controlled substance, drug paraphernalia and public consumption (reported at 12:56 a.m.).
Deantwan Jackson, 23, 3709 Tripp St., Unit 212, was arrested and charged with criminal mischief (reported at 1:30 p.m.).
Jack Morrison, 19, 205 Beach Ave., Unit 303, was arrested and charged with public intoxication (reported at 7:23 p.m.).

Sept. 9
Maria Bear, 19, 2118 Sunset Dr., was arrested and charged with public intoxication at Knapp St. and Stanton Ave. (reported at 1:44 a.m.).
Dustin Leduc, 24, 1305 Georgia Ave., was arrested and charged with public intoxication at Sheldon Avenue and Union Drive (reported at 3:38 a.m.).
An individual reported a vehicle was broken into; however, nothing was believed to have been taken at Lot A3 (reported at 4:02 p.m.).
A resident reported the theft of a bike at Buchanan Hall (reported at 3:40 p.m.).
Andrew Lehmann, 18, 1322 Marshall St., Boone, was arrested and charged with possession of a controlled substance (reported at 2:37 a.m.).
Sept. 10
A staff member reported the theft of items from the bookstore at the Memorial Union (reported at 2:13 p.m.).

IN THE MEMORIAL UNION AND AROUND CAMPUS

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MOVIE
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JONAH HILL CHANNING TATUM
FRIDAY, SEPT. 14, 9PM
PARKING RAMP, MU
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MAINTENANCE SHOP

TONIGHT, SEPTEMBER 12 • 8 PM
WALLPAPER
w/ **FAST BREAK** (Rap, Electronic, Funk)
Students Free For fans of: Sammy Adams, The Jersey Shore, SebastiAn, Timelies
Public \$10*, no pre-sale

THURSDAY, SEPTEMBER 13 • 8 PM
JENNIFER HALL
(Pop, Jazz, Soul) (Doors open at 7:30 PM)
Students \$5 w/ ISU Student ID For fans of: Patsy Cline, Rufus Wainwright, Jeff Buckley
Public \$7*

FRIDAY, SEPTEMBER 14 • 9 PM
Naia Kete
(Acoustic, Soul, Reggae) (Doors open at 8:30 PM)
Students \$8 w/ ISU Student ID For fans of: The Voice, Lauryn Hill, Erykah Badu, Corinne Bailey Rae
Public \$10*

SATURDAY, SEPTEMBER 15 • 9 PM
CLOUD NOTHINGS
w/ **Chomp** (Indie Rock)
Students \$14 w/ ISU Student ID For fans of: KURE, Pitchfork
Public \$16*

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IOWA STATE DAILY.

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Iowa State Daily
Main Office
294-4120

Newsroom
294-2003

Retail Advertising
294-2403

Classified Advertising
294-4123

General information:
The Iowa State Daily is an independent student newspaper established in 1890 and written, edited, and sold by students.

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Publication:
ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.
Paid subscriptions are 40 cents per copy or \$40, annually, for mailed subscriptions to ISU students, faculty and staff; subscriptions are \$62,

annually, for the general public.

The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.

Summer sessions:
The Iowa State Daily is published as a semiweekly on Tuesdays and Thursdays, except during finals week.

Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, Room 108 Hamilton Hall, Ames, Iowa 50011.

The Publication Board meets at 5 p.m. on the fourth Wednesday of the month during the academic school year in Hamilton Hall.

Postmaster:
(USPS 796-870)

Send address changes to:
Iowa State Daily
Room 108 Hamilton Hall
Ames, Iowa 50011

PERIODICALS POSTAGE

RECREATION SERVICES

www.recservices.iastate.edu

OUTDOOR RECREATION EQUIPMENT RENTAL

NEW

Mountain & Commuter Bikes

INTRAMURALS

Badminton Singles

Registration close: *Sept. 12 @ 5pm*

Table Tennis Singles

Registration close: *Sept. 19 @ 5pm*

OUTDOOR RECREATION WORKSHOPS

NEW

Rapelling Clinic

September 19 @ 6pm

Kayak I

September 20 @ 5:30pm



Wilderness First Aid Course

September 22 & 23 @ 8am-5pm

Bicycle Maintenance

September 25 @ 6pm

Rock Climbing II

September 26 @ 6pm

Outdoor Cooking

September 27 @ 6pm

OUTDOOR RECREATION DAY & WEEKEND TRIPS

NEW

Kayaking Ada Hayden

Sept. 22 @ 1pm

Backpacking Yellow

River State Park

Sept. 28-30



Rock Climbing

in Minnesota

Sept. 28-30

NEW

Full Moon Float

Sept. 29 @ 6pm

FITNESS

Fitness & Wellness Programs kicks off exciting Fall sessions!

(1) Total Gym Gravity small group training sessions.

Begins September 17-22

a. 6 week session for \$60. This workout gets results!

b. Come to open house sessions.

September 10-16

c. For session dates and times go to:

<http://www.recservices.iastate.edu/fitness>

(2) Want to work as a Group Fitness Instructor or Personal Trainer?

a. Attend the 10 week instructional class to gain the necessary skills

b. For sessions, dates, times, and how to register go to:

<http://www.recservices.iastate.edu/fitness>



Editorial

Government requires our participation

At this time last week, we suggested that the senate of Iowa State’s student government had done nothing in the first weeks of the school year, senators had all summer long to come up with something, and ought to be jumping at the chance to make some meaningful changes on campus that affect students.

For years — decades, perhaps — members of the Government of the Student Body have wanted to improve the student experience. That goal, and all actions GSB pledges to take to accomplish it, is archived in the pages of the Daily. But the repetition of each year’s goals is proof that the wish goes unfulfilled. A GSB campaign speech from one year is essentially the same as the previous and following years’.

GSB may be a hyperlocal entity, exercising limited jurisdiction over the most limited area, but it is like any elected body: Rather than being the government, its members are drawn from it, the people. The constituency (at Iowa State, all 31,040 members of the student body) is the government, and the people elected (the 39 senators of GSB) are its representatives. GSB itself acknowledges that fact. Immediately after the fall of the gavel that opens GSB senate meetings, the vice president reads a notice, saying:

“All students are members and participants in the Government of the Student Body and as such are encouraged to take part in discussion of senate bills and orders or issues affecting students.”

Last Wednesday, one student took time after reading the Daily’s editorial that day to investigate GSB and speak at the senate meeting. After finding GSB’s website in disrepair, he read passages from the editorial and offered his own opinion: If the senate is going to make student interaction a priority, it needs to fix such basic problems. The student also noted, however, that “when it gets down to it, you’re all members; and to maintain the stability of this institution, you all need to do your part.”

Politics is the activity of government, however small and local. Politics anywhere cannot be set in motion and left to take care of itself but, like a field of crops, must be carefully planted by the farmer, watched and cultivated to bear any fruit. Politics too requires upkeep and continual maintenance.

The same way that the senators cannot be political by debating and passing a single bill, we students cannot exercise our watchdog role unless we participate in meetings, ask questions and give feedback. Politics is done by all members of government — from the least inexperienced voter to the great incumbent politico who represents him.

And to survive, politics needs to be done often.

Editorial Board

Katherine Klingseis, editor-in-chief
Michael Belding, opinion editor
Barry Snell, assistant opinion editor
Mackenzie Nading, assistant opinion editor for online
Randi Reeder, daily columnist

Feedback policy:

The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Romance

Walt Disney screwed us all

Fairy tales give us wrong impression of manly chivalry

Chivalry is dead, but it’s not gone forever. Usually this phrase comes from the mouth of nagging women. Speaking from the perspective of one such woman, I can attest to concluding that men don’t appreciate women enough. I have engaged in countless conversations with my female friends about how pig-headed, disrespectful and downright disgusting some of the men we have encountered can be.

But then I got to thinking, where exactly did this standard come from that we are comparing those men’s actions to? I think I may have finally nailed the culprit who has caused all women to believe the entire male population is corrupt and will never be chivalrous enough for our standards. That devious culprit who has fed this beast a little too much is Walt Disney himself, and all his animated magical tales he and his studio have produced into movies.

It is every girl’s dream to be a princess. We grow up hearing stories of fairy tales like Cinderella, Sleeping Beauty and Snow White, where Prince Charming arrives on some kind of glistening animal, all muscular and probably not wearing a shirt, and then proceeds to lift, grab, yank, drag or gracefully hoist the damsel in distress out of danger. After the young woman is saved just in the nick of time, without the prince even breaking a sweat, he still has the energy to express every ounce of love he has been building up inside himself for the princess. He then promises her all the riches of his kingdom, including luxurious life in a castle, and all she has to do is just slip on one stupid glass slipper.

See the problem yet? From the time girls can walk, we are putting these standards of what men should be in their heads. These fantasies are setting all men who will enter their lives up for failure.



By Mackenzie.Nading
@iowastatedaily.com

Girls, I think it’s time we owe those men an apology. It’s time we evaluate our Disney-influenced standards and bring them out of the animation world and back to the reality we live in.

Now to the men out there, this isn’t an excuse for you to give up on chivalry. But it’s time we all come to a compromise about what women can live without, like a white stallion and a castle full of gold, and what we still deserve from you: respect, honesty and being true to yourself.

Disney focuses too much on the materialistic side of true love, and as a result, the fairy tale they have made every girl dream of will stay just that: a dream. What those animated stories don’t emphasize enough of is how much the small actions men take can really impress women.

Listen up, boys: I’m going to share some helpful tips that will help you become appreciated once again by the female population.

It may sound simple, and I know all guys have heard this a thousand times, but hold doors open for the ladies walking behind you. We eat that stuff up. And when you open that door, look at them, smile and say hello. These may seem like small gestures, but they will stay with that girl all day. Don’t believe me? Try walking into the building around that same time the next day you have class, I bet you’ll see that girl again, hoping she will cross your path.

Another way to win over the tough man-eater crowd is to act like you care. About everything. If there’s a girl in class you’d like to get to know better, don’t talk to her during class. If she thinks you aren’t serious about being there,



Photo courtesy of Disney

it’s a huge turnoff. Use the time before or after to start a conversation. You’ve then provoked her to think about the couple of things you had the nerve to say to before class started, and if she’s interested, she will have thought of something to say by the time class is over.

Pay attention to the details. What is she wearing? If you don’t know much about fashion, keep it simple. Say you like her shirt, pants, hair, etc. When girls try to look nice, they want you to notice. It’s not creepy; it doesn’t make you any less manly because you noticed her clothes, and it will take you up at least three rungs on the “we hate men” ladder.

Finally, be yourself. Don’t negotiate who you are at the core just to fit the standards of a girl. This may sound like I’m being hypocritical, but paying attention to detail and opening up doors aren’t life-altering changes to

engage in. I’m talking about your personality, your hobbies, the things you’re passionate about; stay true to those.

The bottom line is there are a lot of girls out there, and we’re all looking for the men who share our same interests as well, but we want them to be genuine. Don’t try to fake it, and you’ll be much happier in the long run.

Ladies, it’s time to drop the Disney princess fantasies and come back to reality. Prince Charming can’t be all he’s cracked up to be anyway; I’m sure the horses, muscles and gold would become annoying eventually. Guys, put in a little extra effort; stay true to yourself, and girls will quit complaining that you’re all worthless.

Mackenzie Nading is a junior in political science from Elgin, Iowa.

Letters to the editor

GSB requires student participation

Last Wednesday, the Daily’s Editorial Board suggested that the Senate of the Government of the Student Body may not be living up to its responsibilities.

As one of the senators representing the students of the College of Liberal Arts and Sciences, I’m writing today to give you my side of the issue.

Now, I won’t try to explain away the lack of legislation, because it is a fact that this semester has had a slow start and the lack of legislation has been alarming to those within the senate, too.

Though while I share in the concern, I’m not giving up hope for this senate because it’s not as if the Senators have just been shrugging off responsibilities.

During the summer and the first few weeks of class, your senators have been meeting with student organizations and serving on university and/or city committees, and thus have been working to improve the Iowa State experience both for present and future students of Iowa State.

For those of you who have never made it to the closing announcements portion of a GSB Senate session, often I ask the senate what has been dubbed “the Question of the Week” by some. At the end of the spring semester this past May, I asked: “What is the purpose of GSB, and what can the senate be doing to improve the student experience at Iowa State?”

Since then, on top of the usual responsibilities

of GSB, senators have been answering that, discussing some new ideas for making Iowa State better (I claim no responsibility; it’s a happy coincidence). Several of these discussions have begun to take form as ad-hoc committees, such as a library funding committee and a sustainability committee. And very importantly, along with my colleagues on senate, we’ve taken the first steps towards making GSB more transparent and accountable to students via legislation that was introduced last Wednesday.

Lastly, I’d like to point out that your representatives on GSB are merely human. We aren’t all-knowing and all-seeing members of the ISU community. We’re students here too. We go to class,

have homework, work at jobs, are members of clubs or organizations, cheer on the Cyclones and enjoy our academic breaks as much as any other student does.

I’d love to have an agenda full of legislation that benefits students, improves their lives and allocates money to student organizations. But that also takes people approaching us with ideas of how to achieve those things. We can’t do it alone.

Yes, we’re just like you, but you’ve given us the responsibility of doing our best to represent you, so help us out.

If you’ve got an idea, need funding or know of something that needs to change at Iowa State, let me know by emailing me at drediske@iastate.edu

and I’ll get you pointed in the right direction. We meet at 7 p.m. Wednesdays in the Campanile Room of the Memorial Union. Our meetings are always open, so you can let us know your thoughts then, too. Senators also have office hours on and off campus, and most (if not all) of us are willing to go out of our way to hear your thoughts, ideas and concerns if those hours aren’t convenient.

If you don’t bring it to us, and we don’t succeed in connecting with you, then we’ll continue to face the same problems that GSB has had for years. Help us help you, Iowa State.

Dan Rediske is a senior in computer science, and GSB senator for Liberal Arts and Sciences.

Multicultural groups more than just victims

Recently, we have been made aware of comments made at a town hall meeting Aug. 21 in Le Mars regarding the multicultural groups here on Iowa State’s campus.

The following comments were made by U.S. Rep. Steve King: “I went to the Iowa State website and [...] I typed in ‘multicultural’ and it came back to me, at the time, 59 different multicultural groups listed to operate on campus at Iowa State.

It started with Asians and it ended with Zeitgeist, so from A to Z, and most of them were victims’ groups, victimology, people that feel sorry for themselves and they’re out there recruiting our young people to be part of the group that feels sorry for

themselves.”

As ISU students, we are deeply disappointed in these comments because as part of your constituency we would expect an elected official to be more informed about their voter base.

Iowa State takes pride in having a long history of diversity and inclusion.

Our multicultural groups do not promote “victimology,” but help new students integrate, transition and find an identity for themselves.

These groups work to promote leadership, advocacy, education and awareness about different cultures.

As students, we are not just proud of the multicultural groups on our campus, but the vast array

of opportunities for students to get involved based on their interests.

We recognize each person on our campus brings a unique perspective to our campus community.

In this ever-changing, more globalized world, knowledge of many cultures, ideas and identities is an imperative part of an education for our generation. Students going into their chosen professions must be worldly, independent and critical thinkers. The United States is one of the most culturally, racially and religiously diverse countries in the world with a long history of immigration and integration of many different backgrounds.

Iowa State strives to create a

well-rounded community with communication and cross-cultural understanding. Students are encouraged to engage in conversations and discourse about the world around them.

As part of your constituency, we extend to you an invitation to visit and tour our beautiful campus and meet with some of the student leaders of the groups and clubs on campus. We would love a chance to show you around and clear up any misconceptions you may have about our university or the students here.

Nyajuok Deng is a junior in criminal justice and political science. **Ruth Cardenas** is a senior in child, adult, and family services.



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BY THE NUMBERS:

1

The number of victories for the ISU volleyball team in 81 total matches with Nebraska

10,203

Attendance total the last time the Cyclones played Nebraska in 2009 at Hilton Coliseum

6

The number of ranked opponents the ISU volleyball team will have played after its match with Nebraska on Saturday

20

The number of kills by middle blocker Tenisha Matlock last Friday in the Cy-Hawk match against Iowa, a career high

5

The number of five-set matches Iowa State has had this season, just three shy of the program season record of 8

8

Consecutive victories over Iowa after winning last Friday

NFL:

Isaac Hunt's fantasy football corner

By Issac Hunt
Daily staff writer

Week 2 tip

Don't overreact. Yes, Kevin Ogletree had a great game in the season opener, but Jason Witten and Miles Austin were not 100%. Also: do not trade your first round pick because he threw multiple interceptions (Matthew Stafford) or scored few points (Chris Johnson).

En fuego

C.J. Spiller replaces the injured Fred Jackson as the starting running back for the Bills, who are at home against the Chiefs. Spiller was already the number-two passing option, and he will have a break out game... again.

Heated

The rivalry created last year between coaches Jim Harbaugh (49ers) and Jim Schwartz (Lions): They possess massive wide receivers: Randy Moss and Calvin Johnson eat up yards at The 'Stick.

Chilled

Anyone in a Browns uniform. If your 28-year-old quarterback can not get the offense rolling, everyone else will struggle.

Frigid

Sam Bradford won't have the fourth quarter Drew Brees (one interception and one touchdown in the first three quarters) did against the Redskins. St. Louis may hear some boos at home.

Week 2 random fact

In his previous three seasons, Ogletree had just 25 receptions, 294 yards and zero touchdowns. Once again, do not overreact this early.

SPORTS JARGON:

Tempo run

SPORT:

Cross-country

DEFINITION:

A cross-country workout done at a fast, steady pace to build endurance, but not done at race pace.

USE:

The ISU team uses tempo runs frequently in practice to prepare their muscles for long-distance racing.

Soccer



Photo: Randi Reeder/Iowa State Daily

Emily Goldstein, junior midfielder, has found a way to be successful playing soccer, despite her unusual condition. Although Goldstein underwent surgery in January 2011, she continues to experience symptoms from compartment syndrome.

Failure of surgery leads Goldstein to acceptance

By Dan.Cole
@iowastatedaily.com

Emily Goldstein has accepted reality. The Orange County, Calif., native led the ISU soccer team in goals, assists and points during her freshman campaign in 2010.

But throughout that season, Goldstein had experienced episodes, during which her feet would go completely numb in the middle of games and practices, hampering her ability to run or even lift her feet off the ground at times.

"They weren't really sure what it was," Goldstein said. "They tried a bunch of different things, and we just decided that I would wait it out until the end of season, and then go to doctors and specialists and try to figure out what was going on."

Once the season ended, Goldstein was diagnosed with a condition known as "compartment syndrome," which causes the nerves, blood vessels and muscles in both of her shins to compress, so much that she begins to lose feeling in her feet.

She experienced issues with numbness in her feet in high school, but not with nearly as much regularity as when she began playing at Iowa State, something she attributes to the increased intensity of training.

After surgery in January 2011, Goldstein began a gradual rehabilitation process, that lasted about four months, to get herself ready for the start of her sophomore season. Her rehab assignment included an array of tasks, from hip-strengthening and upper-body weights to swimming exercises and eventual running; Goldstein's recovery was a steady process.

"I was on crutches for two weeks, and then I was able to just start walking again, but that was basically the extent," Goldstein said. "Then a month and a half in, I was able to start running again. Basically

it was just getting myself back into shape and seeing how my shins were feeling and how my feet were feeling."

Goldstein's performance during her sophomore season paled in comparison to that of 2010.

After scoring six goals and recording five assists her freshman year, Goldstein tallied just two goals and four assists in 2011.

She also received a reduction in playing time by almost 400 minutes, an average of more than 20 minutes per game.

"She went into surgery knowing: It might work, it might not work," said ISU coach Wendy Dillinger, who has coached Goldstein for the past three seasons. "Last fall was a little frustrating for her, just because she was expecting to come in and not have the same issues that she had had before, so I think it definitely affected her mentally."

Aside from her decrease in scoring, the 2011 season was an immensely frustrating time for Goldstein.

After months of hard work and rehab, Goldstein still felt no difference in her condition; her feet were still going numb. She was forced to come to the realization that her condition was not going away:

Her surgery had failed.

"That was really tough for me mentally and physically," Goldstein said. "Every doctor that I went to was like: 'Oh, no, you'll get better one day. You'll feel better.' So every game, I was kind of mentally hoping that this would be the day that my surgery worked."

That day has yet to come.

Goldstein still plays with compartment syndrome and, despite that fact, has managed to be one of the Cyclones' most dynamic scorers this season.

Goldstein is the team's second-leading scorer with three goals and one assist and has established her role as a leader among her teammates.

Compartment syndrome

A condition where the nerves, blood vessels and muscles in the shins compress to the point of numbness.

Goldstein was diagnosed with compartment syndrome after the 2010 season and continues to play despite it this season.

Goldstein — by the numbers

2010: 1464 minutes played, 6 goals, 5 assists, 17 points, 47 shots

2011: 1065 minutes played, 2 goals, 4 assists, 8 points, 33 shots

2012: 399 minutes played (8 games), 3 goals, 1 assist, 7 points, 10 shots

"She's been doing great," said ISU junior Erin Green, who has shared the midfield with Goldstein since the two were freshmen in 2010. "We need her on the field. She's a really great leader when we're all looking for something in that regard. On and off the field, she's a big influence for us."

Goldstein's acceptance of her condition has allowed her to prepare and perform in a positive way. Now that she knows what to expect during the game, she is better able to adapt to her unusual situation.

"I think I'm better because of it," Goldstein said. "I know what I need to do now, and I've prepared more this year. I'm more aware of my body and the things that I have to do to be able to succeed in soccer."

Women's cross-country

'Fit' team hits ground running

By Mark Specht
Daily correspondent

With its 2012 season set to start officially this Saturday at the Iowa Intercollegiate race in Ames, the reigning Big 12 champion ISU women's cross-country team has been busy preparing.

"Training doesn't change from year-to-year too much," said assistant coach Travis Hartke. "We're doing a lot of tempo runs, a long run each week and hills."

Hartke said he sees the team as potentially having five to six All-Americans. The team is currently ranked No. 5 in the nation in the U.S. Track and Field and Cross-Country Coaches Association poll.

"Honestly, I think our team is so fit right now, that it's almost scary," said junior Morgan Casey. "Everyone is fit, and everyone is on the same page. You can have a lot of fit individuals, or you can have a really fit team — and we have a fit team."



Photo: Huiling Wu/Iowa State Daily

CASEY.p7 >>

Women's cross-country team runs Monday around Ames. Cross-country runner Morgan Casey is recovering from her recently fractured elbow and sprained wrist, while also recuperating from a lower back and glute injury.



Analysis

Steele Jantz’s ups, downs will guide Cyclones

Some of what Steele Jantz has done in the first two games has clearly surprised people. At the same time, some of it has not. In the first quarter of the Cyclones’ win against Tulsa, Jantz completed six-of-10 passes, including a 43-yard strike to senior wideout Josh Lenz on a deep post midway through the quarter. Last year in the first game of the season against Northern Iowa, Jantz completed only three-of-seven passes for 14 yards. He also had two interceptions in that quarter, which came in back-to-back drives. The contrast in those numbers is incredibly vast, especially since Tulsa is arguably a stronger opening day opponent than Northern Iowa. Therefore, it was a big surprise to everyone Jantz opened the way he did against Tulsa in week one.

It’s the same case against Iowa. Jantz’s first drive at Kinnick Stadium was similar to week one. He connected on all five passes with the only incompletion being negated by a defensive pass interference call. Jantz capped off that drive with a touchdown to Aaron Horne on a crossing route over the middle.

His first two quarters in each game have combined for 13-of-17 for 138 yards and two touchdowns. Those numbers have surprised some people. Jantz has completed 56 of his passes so far this year, which puts him at No. 9 in the nation for completions. Only four more completions separate him from being top-5, and only four players have completed more than 60 passes so far this year. His completion percentage is at 69.1 percent, placing him in the top-30 nationally. Those numbers have surprised nearly everyone. On the other hand, Jantz did some things in the Iowa game that reminded us of the 2011 Jantz, who threw more intercep-



Quarterback Steele Jantz runs the ball during the game against Iowa on Saturday. Cyclones beat the Hawkeyes 9-6 at Kinnick Stadium in Iowa City — a place no Cyclone has won at since 2002.

Photo: Huiling Wu/ Iowa State Daily

By Dean.Berhow-Goll
@iowastatedaily.com



tions than touchdowns and was benched midseason for backup quarterback Jared Barnett. Three times the ISU quarterback turned the ball over, one of them an interception at midfield and the other two coming inside the Hawkeyes’ 11-yard line.

Both interceptions came at the end of the halves — the first with 1:45 on the clock around midfield; the second as Iowa

State was about to score and put the game out of reach. Jantz said after the game he tried to look off the Mike linebacker, James Morris. He said Morris initially moved, but when Jantz came back to throw it, Morris just made a “great play” on the ball to intercept it. Then later in the third quarter, a fumble on a handoff-read play between Jantz and James White occurred at Iowa’s 11-yard line. White was credited with the fumble, but the quarterback is the one who chooses to give the ball or keep it. Jantz displayed after the first two games that he is high-risk, high-reward. If Iowa State hopes to win four of its nine conference games, they will need Jantz to be the high-reward quarterback they’ve seen at the beginning of games the past two weeks.

Spreading the wealth

One area Steele Jantz has excelled in the first two games is distributing the ball to an array of receivers. ISU coach Paul Rhoads believes they have a deep core of wide receivers that has helped them keep teams off balance. “It helps you to spread out the football, and it helps you to keep a defense, not necessarily guessing, but defending the whole field,” Rhoads said. “It’s something that, as the year continues to go along, we want to spread out even more.

Last year through two games, Jantz’s top-two receivers were Darius Reynolds and Aaron Horne. Through two games they

accounted for 48 percent of Jantz’s completions. This year Jantz has spread the wealth, completing passes to 10 different receivers thus far.

His top-two receivers reception-wise are Josh Lenz and Aaron Horne, who have only accounted for a mere 39 percent of their quarterback’s completions.

“We’ve got some guys that are playing 18, 20 snaps that are good players,” Rhoads said. “We’re going to figure out a way to get them out there even more.”

Six wide receivers have at least five catches, including former quarterback Jerome Tiller.

>>CASEY.p6

Casey recently fractured her elbow and sprained her wrist while recuperating from a lower back and glute injury. She said was using a balance board while having a conversation with someone when she lost her balance and fell.

“The balancing part was the easy part of it, but it was the focus part that I struggled with,” Casey said.

Casey said it will be about a month until she will be able to participate fully in team workouts. Her lower back and glute injury still lingers as well. And while there is a redshirt year

available to her, she is optimistic she will be able to compete this season.

“I think I’m going to come back, because I’m not going to sit here with a negative attitude,” Casey said. “But if I can’t, then I’m going to make myself useful to the team in other ways.”

Casey said this year’s team is better than the 2011 team was at this point in the season, adding that they will be “a force to be reckoned with at the end of the season.”

“We’re definitely better than we were last year,” Hartke said. “I think we’re deeper than we were last year.”

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FAST FACT: STUDENT LIVING

ISU students have a variety of living options available to them:
21% live in residence halls
6% live in university owned apartments
12% live in fraternities or sororities
61% live in off-campus housing

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Exercise

Are supplements useful or silly?

By Janey Rose Kinley
AmesEats Flavors writer

The battle over protein supplements has been ongoing as doctors, dietitians, personal trainers and the like disagree about whether protein supplements are practical or pointless. As one ISU student argues, such protein supplements are not only practical, but necessary.

Shawn Schwabe, senior in dietetics, is preparing for more than just his upcoming graduation date in December. Although Schwabe is fully loaded down with thoughts of internships, graduating, and becoming a registered dietitian, he also has one more thing to add to his plate – Schwabe is a bodybuilder training for his second competition in early November. Interest in bodybuilding arose when a 15-year-old Schwabe began leafing through bodybuilding magazines.

“Those guys just get a certain amount of respect when you see them,” Schwabe said.

Schwabe is extremely dedicated. He eats seven meals a day, and he eats those same seven meals every single day during his 24-week training period. On top of eating 14 egg whites for breakfast each morning and 6 to 8 ounces of lean meat during the other six meals; Schwabe also consumes a protein supplement. In order to consume around 350 grams of protein his body needs to recover from nearly four hours of exercise each day, Schwabe consumes one to three protein shakes, each containing about 50 grams of protein. His supplement of choice is whey protein isolate – protein in its simplest form. This is ideal for fast absorption in the 15 to 30 minute window post-exercise when muscles are in most need of repair.

Although Schwabe consumes protein supplements on a daily basis, he said all protein ideally should be consumed through food.

“I see them as just that — supplements. You shouldn’t rely on the shakes,” Schwabe said. For him, only getting protein from food isn’t plausible, since he is working to attain 3 percent body fat.

Matthew Rowling, assistant professor of food science and human nutrition, is a little weary about the idea of consuming protein supplements.

“Supplements can be a replacement for meat if you’re a vegetarian, but you lose the mineral and vitamin content of foods,” Rowling said. Not only that, but consuming protein beyond your caloric requirements can lead to weight gain, altered blood pH levels, and even kidney damage.

If someone is physically active, Rowling said



Shawn Schwabe, senior in dietetics, competed in his first bodybuilding competition in November 2011. Schwabe believes protein supplements are practical, even necessary, for those who can’t get all the protein they need from food.

Photo courtesy of Shawn Schwabe

protein supplements can be helpful: “I’m sure there’s some recovery benefit for someone like [Schawbe]. The supplement can get absorbed faster after exercise, but it shouldn’t be a replacement for a meal.”

It seems there is no clear-cut answer in the battle between practical and pointless when it comes to protein supplements. For someone like Schwabe, protein supplements may be needed, but Rowling said the rest of us “hit our protein requirement for the day by the time lunch rolls around.”

Vegetarianism



When living on a vegetarian or vegan diet, nuts, beans and grains are the best way to achieve the recommended protein intake. While not as high quality as animal proteins, plant proteins do have less cholesterol and saturated fat.

Photo: Amber Hain/AmesEats Flavors

Eat nutritiously sans meat

By Claire Voss
AmesEats Flavors writer

The first question that vegetarians or vegans are often asked is: “How are you going to consume enough protein?” There are, however, many other ways to get protein other than from meat.

“Most foods contain at least some protein,” said Laura Kimm, a local Hy-Vee dietician. Incorporating a variety of nuts, seeds, soy products, beans and grains will fulfill the recommended daily protein intake.

Protein from plants are not as high quality like protein from animals. Animal proteins are high quality because they contain

high levels of every essential amino acid, while plant proteins are missing at least one essential amino acid.

To get all the necessary amino acids from plants, one needs to complement. It’s as easy as eating a grain with a legume, produce or nut product. Create a dish of beans and rice or have a bean-based taco. Even an ordinary peanut butter and jelly sandwich on whole grain bread is a good example of complementing plant protein sources.

The advantages of eating plant protein include consuming less cholesterol and saturated fat and consuming more fiber. Diets low in cholesterol, saturated fat but high in fiber are associated with lower risk of heart disease and bowel diseases.

Additives

What you should know about protein powders

By Claire Voss
AmesEats Flavors writer

There are two different types of protein powders: concentrate and isolate, said Cheryl Reitmeier, professor of food science and human nutrition. Concentrate powders only contain about 65 percent protein, while isolate powders contain about 90 percent protein. Isolate powders have better solubility and flavors. Although concentrate protein powders are usually less expensive, they have a grittier texture.

Instead of mixing up a protein shake, try adding them to batters. In a baked good, the concentrate powder will suffice, but in coffee or a sauce, an isolate powder may be preferred. A misconception about protein powders used in cooking is that the nutritional value decreases due to the heat changing the protein’s structure, but Reitmeier said this is not the case. The nutritional value will not change. If you need a protein boost, here are five ways to add protein powder to your diet:


- Add it into a granola bar recipe
- Pour vanilla flavored powder into a cup of coffee or tea
- Mix it into pancake and muffin batters
- Stir it into cooked sauces and soups
- Sprinkle a flavorless powder on peanut butter sandwiches or salads

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Fun & Games

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Fun Facts

Dr. John Dee, a 16th century predecessor to James Bond, supposedly used the code 007 to send messages to Queen Elizabeth. The two zeros meant “for your eyes only.”

The birth of the DJ occurred in 1953, when 24-year-old Régine Zylberberg, manager of Paris’s famous Whisky a Go-Go, undertook an experiment to replace the club’s jukebox with two turntables and a microphone. In no time, DJs were pumping up the jam at parties the world over. By the 1970s, Zylberberg was running 25 clubs across Europe and the Americas.

The “Crows Nest” on a ship (the basket near the top of the mast) used to actually contain a crow. The ships navigator would use one of the birds as a guide in bad weather, since they invariably flew towards land.

Homer Hickam’s book Rocket Boys was made into the film October Sky. The titles are actually anagrams of one another.

“Cleaner shrimp” is a general term for any decapod crustacean that feeds off parasites living on fish. To attract a passersby in the market for a cleaning, the cleaner shrimp will do a little dance. Fish taken in by the choreographed moves will respond by “striking a pose,” which signals the cleaner shrimp to start washing and waxing like a car wash.

30% of Dalmatian dogs are born with complete or partial hearing loss.

Crossword

1	2	3		4	5	6	7		8	9	10	11	12	13
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Across

- 1 “Rumble in the Jungle” champ
4 Hanging on every word
8 Crumb bum
14 Actor Chaney
15 Dot on a map
16 Delphi’s claim to fame
17 Perspective-bending artist
19 “Beau Geste” novelist
20 Grade for a tween
21 Scottish hillside
23 Convent residents
24 Runner Sebastian et al.
26 Second and third in a sequence
28 Port relative
30 Sears rival
34 Subdue with a stun gun
35 Final Four initials
37 “Mercy!”
38 Penn Sta. users
39 Blues standard first recorded by Ma Rainey
41 KGB counterpart
42 Prettify

- 44 “Roots” author Haley
45 Game with a 32-card deck
46 “Never Give a Sucker an Even Break” star
48 How some beer is sold
50 Mil. plane for small runways
51 Civil wrong
52 Barbershop member
55 CNBC interviewees
58 Reverend’s residence
61 Pepsi alternative
63 Justice League publisher
65 Charm
66 Entry point
67 Kite on the links
68 “Who wants ice cream?” reply
69 Lid malady
70 Lamb mom

Down

- 1 Poor box donations
2 Focal points
3 More than
4 Having deeper pockets

- 5 Hibachi residue
6 Roman commoner
7 Okla. or Dak., once
8 Inept sheep keeper
9 Circle part
10 Beginning
11 Color of raw silk
12 Narrow valley
13 Mil. bigwigs
18 Five-and-dime, e.g.
22 Game player’s haunts
25 iPad-to-iMac activity
27 Fourth prime minister of Israel
28 It may be bendy
29 One of three in Coca-Cola
30 Locks up
31 Cable venue for vintage sitcoms
32 Poland Spring competitor
33 Dublin-born poet
36 Pacifier site
39 Online tech news site
40 Parkway off-ramp
43 Meat- or fish-filled pastry
45 “Vamoose!”
47 Pin down
49 “Mercy!”
52 “Dracula” novelist Stoker
53 Peak
54 Fountain build-up
56 Track numbers
57 St. Andrew’s Day celebrant
59 Garbage barge
60 Salinger heroine
62 Apollo lander, briefly
64 Affectedly shy

Tuesday’s solution

B	F	F		A	S	K	E	W		S	H	A	P	E
O	U	R		S	L	I	C	E		L	I	N	E	S
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L	O	T		F	I	G	U	R	E	S		N	O	N
A	S	W	A	R	M		L	A	N		H	O	S	T
W	H	O	G	O	E	S	T	H	E	R	E			
			E	U	R	O			E	L	M	S		
J	I	S	F	O	R	J	U	D	G	M	E	N	T	
N	O	T	A	R		D	E	B	R	A		T	E	A
C	A	R	G	O		I	D	E	A	L		E	E	G
O	N	Y	O	U		D	I	R	G	E		D	R	S



Free Pool Sundays
Daily Drink Specials

125 Main St. 232-1528



Bright Giant

Friday Sept. 14
9 pm



Dumptruck Butterlips

Saturday Sept. 15
9 pm



Comedy Night

Tuesday Sept. 18
FREE



DG's Tap House

56 Beers on Tap
Pool, Darts, and
Live Music
Open Mon-Sat @4PM

127 Main St. 233-5084

Sudoku *by the Mephram Group*

				9	8			7
	7			6			2	
	6							
					4	3		
	3	7		2		9	4	
5		9	6					
							5	
	8			7			3	
2			5	8				1

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Tuesday's Solution								
2	7	9	4	5	6	8	3	1
1	5	6	9	3	8	4	2	7
4	8	3	2	7	1	5	9	6
7	2	5	8	4	9	6	1	3
6	1	4	5	2	3	7	8	9
3	9	8	1	6	7	2	5	4
5	6	2	3	1	4	9	7	8
8	4	1	7	9	5	3	6	2
9	3	7	6	8	2	1	4	5

Horoscope *by Linda C. Black*

Today's Birthday

(09/12/12)

This is a perfect moment to re-examine what’s most important to you. What and with whom do you want to play? Career looks favored to thrive with steady growth. Friends and family surround you with love and support. To get the advantage, check the day’s rating: 10 is the easiest day, 0 the most challenging.

Aries

(March 21-April 19)
Today is a 9-- Do something you’ve always wanted to do. Then make happy plans, and create time for romance. A female adds the right touch. Gather information because you don’t have all the facts yet.

Taurus

(April 20-May 20)
Today is a 9-- You can tell if it’s true love, but you may want keep your feelings to yourself, for now. Inspiration is all around. Friends are charming and charmed.

Gemini

(May 21-June 20)
Today is an 8-- It’s a beautiful moment to relish. What you have to say is important, so say it. You have a gift with words. Leave them wanting more. A social event provides surprises.

Cancer

(June 21-July 22)
Today is a 7-- It’s easy to find the resources. A little research goes a long way. Keep a secret. An old friend will repay a favor or a debt. The outcome is beneficial.

Leo

(July 23-Aug. 22)
Today is a 9-- Brilliance comes at you with lighting speed. Capture as much as you can, taking good notes so you’ll remember. Let what you’re learning sink in. Make time for love, too. Keep a secret.

Virgo

(Aug. 23-Sept. 22)
Today is a 6-- Being graceful and grateful comes in handy, especially now. You learn a different way of getting things done. Get outdoors. Let go off the things that don’t serve you.

Libra

(Sept. 23-Oct. 22)
Today is an 8-- Fall in love all over again. Dip your oars into social waters, and row with gusto. Take advantage of your psychic senses. Creative work pays well. Postpone an outing.

Scorpio

(Oct. 23-Nov. 21)
Today is an 8-- Put your heart into it, as well as your other muscles. It will take inspiration

and perspiration ... and it will be worth it. Sudoku or some other math game can keep your brain exercised.

Sagittarius

(Nov. 22-Dec. 21)
Today is an 8-- Work interferes with playtime. Do it for love, not money, and don’t be afraid to ask for what you’re worth. An upgrade may be necessary. The overall outcome is positive.

Capricorn

(Dec. 22-Jan. 19)
Today is a 6-- Ask and you shall receive. Consider what you’re asking for. Think over a friend’s suggestion very carefully. Seek harmony in romance. The odds are in your favor.

Aquarius

(Jan. 20-Feb. 18)
Today is an 8-- Partnering is essential for two more days. Negotiate a little bit more to refine the plan. Relaxation helps. Accept an invitation from a special person.

Pisces

(Feb. 19-March 20)
Today is a 7-- Entering two days of steady work effort. Profit from meticulous service and charm. It’s a winning combination. You can find the resources to manifest a dream.

UNIONS

A special wedding edition of the newspaper that runs on the last Wednesday of every month.
The section features unique wedding ideas, tips and trends.
From rehearsals to receptions, and everything in-between, we’ve got your nuptial needs covered.

Submit your announcements to
public_relations@iowastatedaily.com





CELEBRATE THE BEGINNING OF A NEW CHAPTER
IN IOWA STATE UNIVERSITY’S PROUD HISTORY.

YOU ARE INVITED TO THE
INSTALLATION CELEBRATION OF

DR. STEVEN LEATH

FIFTEENTH PRESIDENT OF IOWA STATE UNIVERSITY
SEPTEMBER 13–14, 2012, AMES, IOWA

STUDENT CELEBRATION
THURSDAY, SEPTEMBER 13, 11 A.M.–1:30 P.M.

CENTRAL CAMPUS

Students, kick off this historic two-day installation celebration with a free picnic lunch with President and Mrs. Leath, a brief program at 12:20 p.m., and special appearances of the ISU Pep Band, Cy, and Cyclone cheerleaders.

ORGANIZED AND SPONSORED BY THE GOVERNMENT OF THE STUDENT BODY AND
THE GRADUATE AND PROFESSIONAL STUDENT SENATE.

PUBLIC LECTURE BY ERSKINE BOWLES
THURSDAY, SEPTEMBER 13, 8 P.M.

GREAT HALL, MEMORIAL UNION

Erskine Bowles, president emeritus of the University of North Carolina and who will play a key role in the installation of Dr. Leath, will present a public lecture, *A Conversation on the National Debt*.

Bowles most recently was appointed by President Obama to co-chair, along with Alan Simpson of Wyoming, the bipartisan National Commission on Fiscal Responsibility and Reform, charged with making recommendations on how to improve the country’s fiscal health. He previously was President Clinton’s chief of staff, director of the Small Business Administration, and founder of several investment firms.

INSTALLATION OF DR. STEVEN LEATH
FRIDAY, SEPTEMBER 14, 10 A.M.

C. Y. STEPHENS AUDITORIUM

This is a historic ceremony and educational event. Faculty representatives of all departments, student body, and staff will be joined by state elected and appointed officials, representatives of national academic societies and professional organizations, and dignitaries of other colleges and universities across the nation in this distinguished event. After being installed, President Leath will unveil his vision and plan for the directions he sees the university to follow in his address, *Educate. Innovate. Achieve*.

A PUBLIC RECEPTION WILL FOLLOW IN THE
C. Y. STEPHENS CELEBRITY CAFÉ UNTIL 1 P.M.

CYRIDE BUSES WILL MAKE SPECIAL STOPS AT STEPHENS
AUDITORIUM ON FRIDAY, SEPTEMBER 14 FOR THOSE ON
CAMPUS WHO WISH TO ATTEND THE INSTALLATION.

FOR THOSE UNABLE TO ATTEND THE CEREMONY,
THE INSTALLATION WILL BE BROADCAST LIVE AT WWW.IASTATE.EDU.

FOR MORE INFORMATION ABOUT THE CELEBRATION,
VISIT WWW.PRESIDENT.IASTATE.EDU/INSTALL.

IOWA STATE UNIVERSITY

